

TABLE OF CONTENTS

Author's Note _____	1
Prologue _____	3
Introduction _____	5
Chapter One – Communication is Relationship _____	10
Exercise 1 – Types of Communication _____	18
Exercise 2 – Verbal and Nonverbal Communication: What does it mean?_	20
Exercise 3 – Feeling Words and Sharing Words _____	26
Exercise 4 – Active Listening and its Variations _____	28
Chapter Two – Who's In Charge? _____	32
Exercise 5 – Earned Authority vs Ascribed Authority _____	36
Exercise 6 – Servanthood Parenting _____	38
Exercise 7 – Developmental Stages of Parenting _____	48
Chapter Three – Children Will Always Test The Limits _____	64
Exercise 8 – Boundaries and Choices _____	68
Exercise 9 – Boundaries Exercise: Family Rules _____	71
Exercise 10- Punishment vs. Natural Consequences _____	82
Chapter Four – Children Never Mean What They Say _____	86
Exercise 11-Developmental Ages and Stages _____	88
Exercise 12-Know the Language: Decoding Words and Actions _____	97
Chapter Five – A Family Is Not a Democracy _____	101
Exercise 13-Benevolent Despotism _____	110
Exercise 14-Recharging Your Batteries _____	113
Exercise 15-The Context for Re-Energizing _____	115
Chapter Six – Hormones Will Wreck Havoc _____	119
Exercise 16-The Emotional Side of Hormones _____	128
Exercise 17-Confidante Relationships _____	133
Exercise 18-Personal Journaling _____	136
Chapter Seven – Teenagers Will Rebel _____	138
Exercise 19-Telling Your Stories _____	141
Exercise 20-Restrictions That Work _____	152
Exercise 21-Catch Them Being Good _____	154

Chapter Eight – Problems Can Be Solved	157
Exercise 22 – Turning What Ifs Into I Wonders	165
Chapter Nine – The Principle of Responsible Freedom	172
Exercise 23-Responsible Freedom	174
Exercise 24-The Rules	181
Exercise 25-Accountability and Oversight	183

Appendices

Appendix One – Active Listening	189
Appendix Two – Feeling and Sharing Words	195
Appendix Three – Leads for Empathic Responses	198
Appendix Four – Behavior Management Strategies	199
Appendix Five – Nurturing Holding Procedure	207
Appendix Six – Diet Or Weight Management?	214
Appendix Seven – Therapeutic Journaling	221
Appendix Eight – Restrictions That Work	226
Appendix Nine – Chilling Out: Developing a Quieting Response	233

References

General References	237
--------------------	-----

Selected Readings

On Parenting and Child Care	238
On Relationship and Communication	240
Answers to Learn the Concept Exercises	241